

Texas-Style Low Carb Chili



Prep:

10 mins

Total:

50 mins

Sirve:

16 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Chili is the type of meal that everyone loves to eat year-round. With its 6 Qt. capacity, the Limited Edition Saladmaster Grand Gourmet is perfect to make this delicious Texas Style Chili in. This no-bean chili is made with low-carb diets in mind. What's better than bacon and beef in a bowl? With only 3 net carbs per serving, don't feel guilty about coming back for more!

[Get the Saladmaster Grand Gourmet](#) before it's gone!

5 strips
 bacon, cut into 1 inch pieces
 1 medium
 onion, strung, use Cone #2
 1 green bell, diced
 3 garlic cloves, shredded, use Cone #1
 3 lb
 ground beef, chuck
 (1.36
 kg)
 1 tbsp
 chili powder
 (6
 g)
 1 tbsp
 cumin, ground
 (6
 g)
 ½ tbsp
 oregano
 (3
 g)
 2 medium
 zucchini, chopped
 28 oz
 diced tomatoes, with juices
 (390
 g)
 2 cups
 beef broth
 (400
 ml)

Preparación :

1. Preheat skillet over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add bacon to the skillet and cover to cook. Cooking time can range from 5-10 mins depending on how crispy you like your bacon. Remove bacon and excess oil from skillet and Add the onion, bell peppers and garlic and saute until onions are translucent. Approximately 5 mins.
3. Add the ground beef and seasonings and cook for 20 mins or until ground beef has cooked through. Drain excess oil and add in the zucchini, diced tomatoes and broth. Cover and cook until zucchini is tender, approximately 10-15 mins.
4. Add the cooked bacon back into the skillet and combine.
5. Serve warm and top with sour cream, avocado or any toppings you desire.

Información nutricional por ración

Calorías: 369
Grasa Total: 30g
Grasa 13g
Saturada:
Colesterol: 72mg
Sodio: 174mg
Carbohidratos: 4g
Fibra 1g
Dietética:
Azúcar: 1g
Proteína: 18g
